



Success Stories

GRANT ELEMENTARY

Mrs. Fiori teaches fourth grade at Grant Elementary. She reported that the Gold Medal program has sparked an interest in the students. She has never seen students more interested and a desire to learn about health. When given a choice on what they wanted to do for P.E they all wanted to walk the mile. They cheer when it is time to go walk and not one of them complains. The students are more aware of the importance of nutrition and of all aspects of health. She knows the GMS program works and is a wonderful thing. Mrs. Fiori is way excited to be a GMS.

HORIZON ELEMENTARY

Mrs. Curtis teaches at Horizon Elementary School. Mrs. Curtis is a very active person and she use run for physical activity but it hurt her joints. She said that ever since the beginning of the school year when they pledged to walk a mile a day she has really taken that challenge serious and has worked on increasing her walking speed. She claimed that she can now walk as fast as some of the kids run and she feels a lot stronger. Her knees and joints don't bother her and know she is thinking about taking up running again. She also made the comment that walking the mile a day use to be really hard for the students and they use to complain about doing it. Now when they go out and do the mile they are excited and want to do it. Everyday it is like they sit and nag on her until they go and do the walk about, which is what they call the mile, they really enjoy doing it everyday.

LONGVIEW ELEMENTARY

Mrs. Durante and Mrs. Stephens are both teachers at Longview Elementary they both have been extremely affected by the Gold Medal School program. Mrs. Durante explained to me that by walking the Gold Medal Mile once a week has been a motivation to her and Mrs. Stephens. Both of the teachers have been extremely faithful in walking the mile along with their classes and they have taken it a step further. The two teachers have decided to enter a $\frac{1}{2}$ marathon (13.1 miles) walk in January 6, 2006 in Phoenix which is called the Rock n' Roll Marathon. As soon they decided to take to enter the marathon they have been really pushing themselves to increasing their speed and endurance. By walking the mile at school it is helping prepare them for the 13.1 mile marathon. Not only is the GMM beneficial to them but Mrs. Durante explained that the students love it as well. The kids are always excited to go out and walk with the teachers because they know that the teachers are going to be walking in a marathon so they have to really work hard which encourages them to push themselves as well.